

## **SWIM MEET PRIMER FOR ALL NEW AND RETURNING SWIMMERS/PARENTS**

1. THE MEET SCHEDULE WILL BE POSTED ON THE WEBSITE  
([WWW.NYCAQUATICCLUB.COM](http://WWW.NYCAQUATICCLUB.COM))
2. ALONG WITH THE SCHEDULE, A PDF CONTAINING MEET INFORMATION WILL BE POSTED.
3. START TO THINK WHICH MEETS YOU CAN/CANNOT ATTEND. LOOK AT THE MEET INFORMATION PDF FOR DAYS, TIMES AND LOCATION.
4. APPROXIMATELY ONE MONTH BEFORE A MEET, AN EMAIL WILL BE SENT OUT ASKING FAMILIES IF THEY PLAN TO ATTEND.  
WE ASSUME ALL SENIOR 2 AND SENIOR ELITE SWIMMERS WILL BE ABLE TO PARTICIPATE. IF THIS IS NOT THE CASE, SIMPLY EMAIL ME BACK THAT YOU CANNOT ATTEND.  
ALL OTHER GROUPS MUST EMAIL ME BACK BY THE DEADLINE INDICATING WHICH DAY(S) THEY WISH TO SWIM.  
AGAIN, PLEASE READ THE MEET INFORMATION PDF TO SEE IF YOUR CHILD'S AGE GROUP IS ELIGIBLE TO PARTICIPATE (NOT ALL MEETS RUN 8 AND UNDER EVENTS). THE ONLY EXCEPTION TO THIS IS THE FIRST MEET OF THE YEAR AND DISTANCE MEETS WHERE THE COACHES DO THE ENTRIES.
5. WE ARE A COMPETITIVE SWIM TEAM AND MEETS ARE REQUIRED. WE ARE NOT A BABY SITTING SERVICE. ULTIMATELY MEETS ARE THE FUN PART OF BEING ON A SWIM TEAM AS YOU AND YOUR TEAMMATES CHEER FOR EACH OTHER. MEETS ARE ALSO ONE OF THE MAIN WAYS A PARENT CHILD AND COACH CAN MEASURE PROGRESS.
6. ENTRIES WILL BE POSTED ON THE WEBSITE WITHIN FIVE DAYS. FAMILIES SHOULD LOOK TO SEE WHICH EVENTS A CHILD HAS BEEN ENTERED PRIOR TO THE MEET.
7. WE WILL NOT PLACE A CHILD IN A MEET IF THEY ARE NOT READY. WE WANT TO MAKE SURE OUR NEW/YOUNGER SWIMMERS ARE COMFORTABLE BEFORE GIVING THEM A MEET EXPERIENCE.
8. WHEN RESPONDING THAT YOU CAN ATTEND A MEET, YOU SHOULD NOT SPECIFY WHICH EVENTS YOUR CHILD SHOULD SWIM. THE COACHING STAFF SEES YOUR CHILDREN ON A DAILY BASIS AND WE WILL PLACE THEM IN EVENTS THAT ARE APPROPRIATE.
9. THERE IS NO FEE FOR ATTENDING A MEET. YOUR YEARLY TEAM FEES COVER MEET ENTRIES.
10. PARENTS SHOULD PACK HEALTHY SNACKS FOR THEIR CHILDREN TO "FUEL UP" BETWEEN RACES.
11. CHILDREN SHOULD BE ON DECK APPROXIMATELY ONE HALF HOUR BEFORE THE LISTED WARM UP TIMES TO CLAIM SEATS AND STRETCH.